

Getting Everything You Want from Your Marriage
The Heart of Communication

Call for Information 760-402-6082

Trauma leaves one in a shattered and reactive state that carries the unconscious defensive reactions of the traumatic past into current relationships. Intimacy necessitates the capacity to differentiate from one's past reactive patterns and become present in the here and now. How can these two realities be integrated?

The answer is through the body. The body serves as the best barometer of this moment with oneself and with another.

The body allows the trauma survivor to process traumatic activation, which carries the memory of the traumatic event, and discover the ability to stay present with an intimate lover.

In this two -day workshop we will explore simple non-reactive techniques that may be used by couples to greatly enhance the depth of communication and understanding. Adapting techniques from Eugene Gendlin (Focusing), Peter Levine (Trauma Resolution), this workshop explores the 'Non-Reactive' possibilities of supporting yourself and your partner in resolving deeply held energetic patterns and relational issues. We will be working with the relational field we create and learning to use our words and listening skills to help one another open to and explore our experience. Tracking through our bodies and hearts as we begin to find stillness from within and reflect from the inside out, in this way experiencing communication as a spontaneous emergence of our deepest expression of truth.

Pre-Registration Required

For Couples in a committed relationship

Limited enrollment to 12 couples

Cost: \$450.00 Per couple

Taught by Peggy and Brook Olsen H.H.P.

Location Valley Center, California

Peggy and Brook welcome your questions.

Please call us @ 760-809-7081
Application on other side

Utilizing techniques distilled from over 20 years practice in the corporate world and over 7 years in private practice, working with over 30,000 clients, peers, and employees, Brook Olsen has developed simple techniques to naturally and organically help clients come home to themselves. To discover the reality that lies beyond the merely perceived potential.

Brook Olsen is a licensed Holistic Health Practitioner and Certified Clinical Nutritionist in the City of Encinitas, California. He works with private and professional groups, individuals, couples, and corporations on matters of communication, Life Management, and trauma resolution. Brook teaches classes on verbal skills for individuals, couples, and corporate managers and is a personal and corporate coach.

Peggy's training includes five years of study with Dr. Ray Castellino in the field of Pre- and Peri-natal Psychology. She also completed two years of training in trauma resolution through the Ergos Institute for Somatic Education with Peter Levine, P.H.D. Peggy holds a Holistic Health Practitioner license and is a registered Cranial Sacral Therapist with the Cranial Sacral Association of North America. Her training in Cranial Sacral Therapy has been in depth through the Karuna Institute in Devon England with Franklyn Sills, and is continuous throughout the last ten years. She has been teaching Cranial work for the past eight years to health professionals. She is a dynamic speaker. She works with individuals to create resources that will transform their lives both personally and professionally. Peggy works with her clients to increase their self-confidence, manage their emotions, and overcome barriers to success.

Brook and Peggy also enjoy working together as a team. They hold workshops in verbal communication skills and personal process for individuals and couples.

APPLICATION FOR NON-REACTIVE COUPLES SKILLS CLASS

NAME _____

ADDRESS _____

City/zip _____

PHONE _____

EMAIL _____

AGE _____ PROFESSION _____

Who recommended this work to you?

Individually contemplate your intension for the weekend and what do you perceive as the main issue in your relationship? Return on a separate piece of paper?

Please initial the following.

_____ I take responsibility for my well being during and after the workshop.

_____ I am in good physical, emotional and mental condition.

_____ I understand that all the shared material from other participants in this workshop is confidential.

Signature _____ Date _____

Send this completed form with \$200.00 non-refundable deposit per couple, payable upon application.(this will be deducted from course tuition total), make checks payable to Peggy Olsen at 28481 Gordon Hill Rd., Valley Center, CA 92082.